



REALIGN COUNSELLING

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What to do in a Crisis

In the middle of a mental health crisis it can be difficult to know what to do and who to contact for assistance. If you feel you need more support than your weekly counselling sessions, or need more immediate support outside of normal working hours. The following suggestions are here to help in a mental health crisis or emergency situation.

In an immediate crisis:

If you feel you might attempt suicide or have harmed yourself, or you are concerned about someone else's immediate safety, call **999 for emergency services**. Or go straight to A&E if you can. If you can keep yourself safe for a while call **111** or NHS Direct on **0845 4647** or contact your GP for an urgent appointment.

General Crisis Support:

Besides talking to your GP and myself, you may also choose to contact the following services for further support and advice:

- **Surrey Crisis helpline** - Mental health crisis helpline on **0800 915 4644** or text **07717 989 024**. Support to adults in Surrey and Northeast Hampshire. Lines open 24 hours 7 days a week cover. You don't need to book an appointment. Calls are free.
- **Samaritans** - **116 123** (national number) Free from any landline or mobile 24 hours a day, 365 days a year. If you need a response immediately, it's best to call us on the phone. You don't have to be suicidal to call. Whatever you're going through, a Samaritan will face it with you.
- **SHOUT** - **TEXT 85258** A 24/7 text only support service to get to a calmer and safe place. Its free, confidential. Anonymous for anyone in the UK. It won't appear on your phone bill.
- **SANeline** - **07984 967 708**, out-of-hours mental health helpline offering specialist emotional support and information to anyone affected by mental illness, including family, friends and carers. Open every day of the year email: support@sane.org.uk
- **MIND/Depression Alliance** - <https://www.mind.org.uk/> - Depression Alliance merged with Mind on Monday 1 August 2016 bringing people together to end the loneliness and isolation that can come with depression.
- **Cruse** - bereavement care; somewhere to turn when someone dies. Helpline: **0808 808 1677** www.cruse.org.uk
- **PAPYRUS** - prevention of young suicide, call their 'HOPElineUK' - **0800 068 4141**, is a young person you know not coping with life? Confidential suicide prevention advice. Open 9am to 12am (midnight) every day of the year or email pat@papyrus-uk.org
- **SHOUT** - **TEXT 85258** A 24/7 text only support service to get to a calmer and safe place. Its free, confidential. Anonymous for anyone in the UK. It won't appear on your phone bill.
- Use the Staying Safe Website <https://stayingsafe.net>.

Young People

- **Family Lives** - **0808 800 2222** confidential and free helpline service for families in England and Wales, emotional support, information, advice and guidance on any aspect of parenting and family life, including bullying. 9am - 9pm, Mon to Fri & 10am - 3pm weekends.
- **Childline** - **0800 1111** or chat online. Free day and nighttime service, you might wait a little while before being connected with a counsellor

- **Kooth** – www.kooth.com - Free, safe and anonymous online support for young people (Mon-Fri 12pm – 10pm, Sat – Sun 6pm – 10pm)
- **YoungMinds** – www.youngminds.org.uk the UK's leading charity championing the wellbeing and mental health of young people. Parent helpline - **0808-802-5544**

Helpful Apps



Headspace - learn the essentials of meditation and mindfulness, bite-sized minis for when you're short on time, exercises to add extra mindfulness to your day, and hundreds of meditations on everything from stress to sleep.



Calm Harm – The Calm Harm App helps you manage the urge to self harm, download the app from - <http://www.stem4.org.uk/calmharm/>



Happy Place: Fearne Cotton – A straightforward and relatable approach to self-care offering you the chance to explore high quality expert created wellbeing practices and tools inspired by Fearne Cotton on her Happy place Podcast. Included medication, breathwork, sleep stories, advice, tapping and yoga



Catch It - Learn how to manage feelings like anxiety and depression with Catch It. The app will teach you how to look at problems in a different way, turn negative thoughts into positive ones and improve your mental wellbeing



Calm - Calm brings clarity, joy and peace to your daily life. Join the millions experiencing the life-changing benefits of meditation and mindfulness



Rise Up + Recover – An eating Disorder App - For people struggling with food, dieting, exercise and body image. The app is based upon self-monitoring homework, a cornerstone of cognitive behavioural therapy (CBT).



Recover Record: Eating Disorder Management App - Recovery Record is the smart companion for managing your journey to recovery from eating disorders including anorexia nervosa, bulimia nervosa, obsessive eating disorder, binge eating disorder and compulsive eating disorder



I Am Sober – a sobriety tracker for recovery, also helps you build new habits and provides ongoing motivation by connecting you to a wide network of people all striving for the same goal: staying sober one day at a time

Further questions and advice to consider

- Other than the above details, is there anyone you could make contact with for support? Such as a friend or family member?
- Have you experienced anything similar before? If so, in what ways did you respond that was helpful? Is there anything you learned from that experience that you could apply now?
- Are there any small steps you could take immediately that could be helpful? What are the smallest, simplest, easiest steps you could take:
 - in the next few minutes
 - In the next few hours
 - In the next few days
- As best as you can, be **compassionate** towards yourself. For example, consider if someone you care about (particularly a child or young person) was going through this experience, how would you reassure and comfort them? How would you show kindness and caring towards them? How would you want to help them? What might you say or do? Try doing that for yourself.